

Litteraturlista:

**Psykioterapeutprogrammet med inriktning på kognitiv-beteendeorienterad terapi, KBT, avseende barn och ungdom.**

**A. PPTN. KURS 1: Teoretisk bas.  
(Theoretical and scientific foundations) Nivå A. 7 högskolepoäng.**

Harvey, Allison, Watkins, E, Mansell, Warren, & Shafran, R. (2004). *Cognitive behavioural processes across psychological disorders*. Oxford: Oxford University Press. 364 s.

Oatley, Keith, Keltner, Dachar, & Jenkins, Jennifer M. (2006). *Understanding emotions*. (2nd ed). Oxford: Blackwells. 536 s.

Sundel, Martin, & Sundel, Sandra S. (2004). *Behavior change in the human services: Behavioral and cognitive principles and applications*. (5<sup>th</sup> ed). London: Sage. 379 (178 sidor läses under kursen) s.

Artiklar enligt kursledarens anvisningar tillkommer

**A. PPTN. KURS 2: Psykiopatologi, diagnostik (Psychopathology and diagnostics) Nivå A. 10 högskolepoäng**

Davey, Graham, (2008). *Psychopathology: Research, assessment and treatment in clinical psychology*. Chichester, UK: Wiley-Blackwell. 752 s. (ca 540 sidor läses under kursen)

Kuyken, Willem, Padesky, Christine A., & Dudley, Robert. (2009). *Collaborative case conceptualization: Working effectively with clients in cognitive-behavioral therapy*. New York: Guilford. 346 s.

McConaughy, Stephanie, (2005). *Clinical interviews for children and adolescents: Assessment to intervention*. New York: Guilford. 240 s.

Person, Jacqueline, (2008). *The case formulation approach to cognitive-behavior therapy: Guides to individualized evidence-based treatment*. New York: Guilford. 273 s.

Sundel, Martin, & Sundel, Sandra S. (2004). *Behavior change in the human services: Behavioral and cognitive principles and applications*. (5<sup>th</sup> ed). London: Sage. 379 s. (ca 200 sidor läses under kursen)

Artiklar enligt kursledarens anvisningar tillkommer

**A. PPTN. KURS 3: Etik och juridik (Ethics and law) Nivå A. 3 högskolepoäng.**

Sverne, Tor & Sylvander, Inga. (1998). *Etik och juridik för psykologer och psykioterapeuter*. Stockholm: Natur och Kultur. 304 s.

**A. PPTN. KURS 4: Psykioterapeutiska teorier och metoder (Theories and methods of psychotherapy) Nivå A. 30 högskolepoäng.**

Barlow, David H. (Ed.). (2007). *Clinical handbook of psychological disorders: A step-by-step treatment manual*. (4<sup>th</sup> ed.). New York: Guilford. 722 s.

- Beck, Judith S. (2007). *Kognitiv terapi för mer komplexa problem: När vanliga metoder inte fungerar*. Stockholm: Norstedts Akademiska Förlag. 359 s.
- Butler, Gillian, Fennel, Melanie, & Hackman, Ann. (2008). *Cognitive-behavioral therapy for anxiety Disorders: Mastering clinical challenges*. New York: Guilford. 230 s.
- Dattilio, Frank M. (2009). *Cognitive-behavioral therapy with couples and families: A comprehensive guide to clinicians*. New York: Guilford. 286 s.
- Dobson, Dedorah, & Dobson, Keith S. (2009). *Evidence-based practice of cognitive-behavioral therapy*. New York: Guilford. 322 s.
- Eisen, Andrew R. (2007). *Treating childhood behavioral and emotional problems: A step-by-step, evidence-based approach*. New York: Guilford. 427 s.
- Freeman, Arthur, & Reinecke, Mark A. (Eds). (2007). *Personality disorders in childhood and Adolescents*. Wiley. 744 s.
- Friedberg, Robert D., & McClure, Jessica M. (2002). *Clinical practice of cognitive therapy with children and adolescents: Nuts and bolts*. New York: Guilford. 354 s.
- Graham, Philip J. (2005). *Cognitive behaviour therapy for children and families*. (2<sup>nd</sup> ed.) London: Cambridge University press. 546 s.
- Kanter, Jonathan, Busch, Andrew, & Rusch, Laura. (2009). *Behavioral activation: Distinctive features*. New York: Routledge. 160 s.
- Stallard, Paul. (2008). *Anxiety: Cognitive behaviour therapy with children and young people*. Routledge. 224 s.
- Sexton, Thomas. (2009). *Functional family therapy: An evidence-based clinical model for working with Troubled adolescents and their families*. New York: Routledge. 320 s.
- Swales, Michaela. (2009). *Dialectical behaviour therapy: Distinctive features*. New York: Routledge. 167 s.
- Verduyn, Chrissie, Rogers, Julia, & Wood, Alison. (2009). *Depression: Cognitive behaviour therapy with children and young people*. New York: Routledge. 176 s.
- Wood, Jeffrey J., & McLeod, Bryce D. (2008). *Child anxiety disorders: A family-based treatment manual for practitioners*. New York: Norton. 272 s.

Artiklar och fördjupningslitteratur enligt kursledarens anvisningar tillkommer

**Valbar fördjupningslitteratur om specifika psykiatriska syndrom (minst 600 sidor):**

- Albano, Anne Marie, & DiBartolo, Patricia Marten. (2007). *Cognitive-behavioral therapy for social phobia in adolescents : Stand up, speak out. Therapist guide*. New York: Oxford University Press. 208 s.
- Cohen, Judith A., Mannarino, Anthony P., & Deblinger, Esther. (2006). *Treating trauma and traumatic grief in children and adolescents*. New York: Guilford. 256 s.
- Chorpita, Bruce F. (2006). *Modular cognitive-behavioral therapy for childhood anxiety disorders: Guides to individualized evidence-based treatment*. New York: Guilford. 335 s.
- Eisen, Andrew R., & Schaefer, Charles E. (2007). *Separation anxiety in children and adolescents. An individualized approach to assessment and treatment*. New York: Guilford. 298 s.

Foa, Edna B., V. Chrestman, Kelly R., & Gilboa-Schechtman, Eva. (2008). *Prolonged exposure therapy for adolescents with PTSD: Emotional processing of traumatic experiences, therapist guide*. New York: Oxford University Press. 224 s.

Freeman, Jennifer B., & Garcia, Abbe M. (2008). *Family based treatment for young children with OCD: Therapist guide*. Oxford University Press.

Greco, Laurie A., & Hayes, Steven C. (2008). *Acceptance and mindfulness treatments for children and adolescents*. Oakland, CA: New Harbinger Publications. 256 s.

Le Grange, Daniel, & Lock, James. (2007). *Treating bulimia in adolescents: A family-based approach*. New York: Guilford. 260 s.

Kearney, Christopher A., Albano, Anne Marie. (2007). *When children refuse school: A cognitive-behavioral therapy approach. Therapist guide*. (2<sup>nd</sup> ed) New York: Oxford University Press. 288 s.

Miller, Alec L., Rathus, Jill H., & Linehan, Marsha M. (2007). *Dialectical behaviour therapy with suicidal adolescents*. New York: Guilford. 346 s.

Saxe, Glenn N., Ellis, B. Heidi, & Kaplow, Julie B. (2006). *Collaborative treatment of traumatized children and teens: The trauma systems therapy approach*. New York: Guilford.

Smith, Patrick, Perrin, Sean, & Yule, William. (2009). *Post traumatic stress disorder: Cognitive behaviour therapy with children and young people*. Routledge. 208 s.

Walsh, Barent W. (2008). *Treating self-injury: A practical guide*. New York: Guilford. 317 s.

Waite, Polly, & Williams, Tim. (Eds.). (2009). *Obsessive compulsive disorder: Cognitive behaviour therapy with children and young people*. New York: Routledge. 200 s.

Wolfe, David A., & Mash, Eric J. (Eds.). (2006). *Behavioral and emotional disorders in adolescents*. New York: Guilford. 719 s.

## **A. PPTN. KURS 5: Vetenskapsteori och forskningsmetodik för psykoterapeuter (Theory of science and methods of research for psychotherapists) Nivå A. 10 högskolepoäng.**

Carr, Alan, (2008). *What works with children, adolescents and adults? A review of research on the effectiveness of psychotherapy*. New York: Routledge. 400 s.

Castonguay, Louis G., & Beutler, Larry E. (Eds.). (2006). *Principles of therapeutic change that work*. New York: Oxford University Press. 416 s.

Kazdin, Alan E. (2003). *Research design in clinical psychology*, (4<sup>th</sup> ed). Boston: Allyn & Bacon. 637 s.

Lundh, Lars-Gunnar. (2009). *Vetenskapsteori för psykoterapeuter*. Institutionen för psykologi, Lunds universitet. Kompendium.

Norcross, John C., Beutler, Larry E., & Levant, Roland E. (2006). *Evidence-based practices in mental health*. Washington, D.C.: American Psychological Association. 435 s.

Därtill kommer ett antal tidskriftsartiklar efter anvisning från lärare.

**A. PPTN KURS 6. Vetenskapligt arbete (Scientific paper). Nivå A. 15 högskolepoäng**

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**A. PPTN. KURS 7: Psykoterapeutiskt arbete under handledning (Psychotherapeutic work under supervision) Nivå A. 15 högskolepoäng.**

Arkowitz, Hal, Westra, Hensry A., Miller, William R., & Rollnick, Stephen. (Eds.). (2007). *Motivational interviewing in the treatment of psychological problems*. New York: Guilford. 354 s.

Bennet-Levy, James, Butler, Gillian, Fennel, Melanie, Ann Hackman, Mueller, Martina, & Westbrook, David. (Eds.). (2004). *Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford: Oxford University press. 461 s.

Gilbert, Paul, & Leahy, Robert L. (Eds.). (2007). *The therapeutic relationship in cognitive behavioral Psychotherapies*. New York: Routledge. 312 s.

Leahy, Robert L. (Ed). (2006). *Roadblocks in cognitive-behavioral therapy: Transforming challenges into opportunities for change*. New York: Guilford. 364 s.

Artiklar och fördjupningslitteratur enligt kursledarens anvisningar tillkommer